

# Returned Missionary Study Guide

## Skills to Refresh if Returning to 3<sup>rd</sup> Semester

### 1st Semester skills

- Head to Toe Assessment (Need to be able to document each of these.)
  - Vital Signs
    - BP
    - Pulse
    - Respirations
    - Temperature
  - General Survey
    - Skin
    - Hair
    - Nails
  - Head and Neck
    - Ears
    - Eyes
    - Nose
    - Throat
  - Respiratory
    - Pulse Oximetry
    - Breath Sounds
  - Cardiovascular
    - Heart Sounds
    - Edema
    - Peripheral Circulation
    - Use of doppler
  - Abdomen, GI/GU
    - Abdominal Assessment
      - Bowel Sounds
      - Percussion
      - Palpation
    - GI/GU Assessment
  - Musculoskeletal
    - Muscle Tone
    - Range of Motion
  - Neurological Assessment
    - Cranial Nerves
- Hand Hygiene
- Non-Sterile Gloving

## **2<sup>nd</sup> Semester Skills:**

- Fall Precautions
- Sterile Gloving
- Oxygenation
  - Applying Nasal Cannula
  - Applying Oxygen Mask
- Hygiene
  - Bathing
  - Perineal Care
  - Nail Care
  - Foot Care
  - Oral Hygiene
  - Oral Care for Unconscious or debilitated patient (oral suctioning)
  - Making Occupied Bed
  - Making Unoccupied Bed
  - Toileting
- Mobility/Heat and Cold Therapy/Fingersticks
  - Moving and Positioning in bed
  - Transfers
  - TED hose
  - Sequential Depression Devices (SCD's)
  - Plexi-Pulse foot wraps
  - Wheelchair
  - Heat therapy
  - Cold therapy
  - Fingerstick and Blood Glucose testing
- Medication Administration
  - 6 Rights of Medication Administration
  - Medication Calculations
  - Oral Medications
  - Nasal Instillations
  - Ophthalmic Medications
  - Vaginal Medications
  - Rectal suppositories
  - Metered Dose Inhalers/Dry Powder Inhalers
  - IM Injection
  - SQ Injection
  - Intradermal injection
  - Insulin Sliding Scale
  - Carb Counting
- Wound Care
  - Pressure Ulcers
  - Dry Sterile Dressing
  - Wet-to-Moist Dressing
  - Drains (Jackson-Pratt, Penrose)

- Urinary
  - Collecting mid-stream urine
  - Urinary Catheter Insertion
  - Catheter Care
  - Apply condom catheter
  - Catheter irrigation
    - Open intermittent
    - Closed continuous
    - Closed intermittent
  - Empty urine collection bag
  - Collect specimen from catheter
- Bowel Care
  - Enemas
    - Fleet Enema
    - Oil Retention Enema
    - Soap Suds Enema
  - Pouching an ostomy
- Isolation Management
  - Universal precautions
  - Contact precautions
  - Droplet precautions
  - Airborne Precautions
  - Reverse isolation for the immunocompromised

#### Peripheral Circulation

- Use of doppler
  - Abdomen, GI/GU
    - Abdominal Assessment
      - Bowel Sounds
      - Percussion
      - Palpation
    - GI/GU Assessment
  - Musculoskeletal
    - Muscle Tone
    - Range of Motion
  - Neurological Assessment
    - Cranial Nerves
- Hand Hygiene
  - Non-Sterile Gloving